



COUNTY PARKS AND RECREATION

ACTIVITY & PROGRAM GUIDE



Del Dios Highlands Preserve



Groundbreaking at Lakeside Baseball Park



Goodan Ranch Center

Moving forward in 2008

By Renée E. Bahl,
Director

Our 2007 was nothing short of a success. I hope you found the time to join us in celebrating our many achievements. Among them were some groundbreakings:

- San Elijo Nature Center, which will open as the calendar turns to 2009
- Lakeside Baseball Park, which will be ready for the 2009 Little League season

Perhaps you attended a ribbon cutting at one of our new preserves, which offer many miles of new trail opportunities:

- 700-acre Barnett Ranch in Ramona
- 200-acre Santa Margarita in Deluz
- 500-acre Del Dios Highlands near Escondido

In 2007 we opened new places to learn and play:

- Environmentally friendly Goodan Ranch Center – a Cedar Fire recovery project
- Spring Valley Gym and Teen Center
- San Dieguito's Miracle Field – southern California's first fully accessible ballfield

These events were well attended – and welcomed – by the public. In 2008 we will keep up the pace by bringing even more facilities to you:

- Rancho San Diego's Hilton Head Park new water feature playground will open this summer
- Agua Caliente's new pool and campsites will open this spring
- New trails in Otay Valley will open this spring, also.

We are also launching a series of special events that I hope will become a family tradition for all of you:

- Join us at Lindo Lake on April 19 for an East County Celebration of Parks, a "county fair" style event with an old fashioned barbecue, country dance, and plenty of recreation opportunities
- Sports in Spring Valley on May 3, which will highlight all of the sports programs we offer throughout the county

Continued on page 12

① Agua Caliente Regional Park

39555 Great Southern Stage Route of 1849
Anza Borrego Desert
760.765.1188

Open September 1 through May 31.
Closed during the summer months.
Therapeutic spas.

② Alpine Community Center

1830 Alpine Blvd., Alpine, CA 91901
619.445.7330



The Center offers childcare, teen programs, senior nutrition program, community recreation, picnic facilities, cultural activities, facility rentals, adult softball, and Bobbysox softball. Call for information.

③ Cactus Park

10567 Ashwood Street, Lakeside
619.390.6017



Youth and adult league sports, BMX track.

④ Campo Stone Store and Museum

31130 Highway 94, Campo
619.478.5707

Saturdays and Sundays, 11 a.m. to 5 p.m. Pioneer Museum downstairs; Military Museum upstairs with emphasis on U.S. Cavalry and the Buffalo Soldiers. Short video.

⑤ Collier Park

626 E Street, Ramona
760.788.7564

Boys' and Girls' Club in the park. Call the number above for program information. Tennis courts, playgrounds, and walking trails.

⑥ Dos Picos Regional Park

17953 Dos Picos Park Rd., Ramona
858.565.3600



Group Reservations Available

Saturday, March 22, 10 a.m. Easter Egg Hunt, Surprise visit by the Easter Bunny. Kids aged 2-10 will be hunting by age group. A \$1 donation fee per hunter will be gratefully accepted. Meet at the grass field by the ranger office.

Saturday Movies in the Park

Please call the park for specific program dates and times at 760.789.2220.

Free Saturday programs

Please call the park for specific program dates and times at 760.789.2220.

Whether you're camping or not, there's lots to do at Dos Picos! On Saturdays there are ranger-led activities that include art and outdoor education based on California science standards.

Junior Rangers: Like science and nature shows? Here's your chance for some hands-on learning about rocks, plants, bugs, and more.

Trail Hikes: Fresh air, sunshine, and the seasonal appearance of local flora and fauna await you. Bring lots of questions. Please, no dogs on the nature trail.

Crafts: Make and keep a masterpiece. \$1 donation per crafter gratefully accepted.

Sidewalk Chalk Art: Let your "inner artist" come out to play.

Texture Scavenger Hunts: We take crayon rubbings and family teamwork to a whole new level of FUN!

Fishin' with the ranger: Catch and release using our "Old School" cane poles. You can bring your own pole, too.

Bat Hikes: Learn how to see and hear real bats as they come out to feed in the park.

Evening programs: After sunset, the Plymax theater comes to life with cool computer slide shows, sing-alongs, and the new Live Bug Cam.

Night Hikes: The whole world changes at night. Constellations and critters come out to play. Let's see and hear what hides by day. Bring a flashlight and adult.

Bug Hunts: Spiders and beetles and ants, oh my! Who doesn't like to catch bugs?

Puppet Zone: Always a surprise: Interactive story telling through puppetry.

Snake Walks: Elvira the snake lives in the office but she also sometimes roams the park.

All programs meet at the amphitheater. \$3 parking is available on site.

Saturday programs are listed at the park in the kiosk at the amphitheater. Programs are subject to change according to weather and ranger availability.

We take the **FREE Discovery Kit Program** to schools providing ranger visits on Thursdays and hosting field trips at the park on Fridays.

Attention Girl Scouts: We offer a **FREE Lead-a-Hike** training. By appointment. Contact Ranger Kyle at kyle.icke@sdcounty.ca.gov

For more information about Saturday programs and the elementary school Discovery Kit programs, please email Ranger Kyle at kyle.icke@sdcounty.ca.gov.

SYMBOL KEY



Programs and activities that offer a health and wellness benefit to the participant.



Fishing



These parks/centers have designated wedding sites specially designed for your ceremony and/or reception.



Sports facilities

7 El Capitan Preserve

13775 Blue Sky Ranch Road, Lakeside
619.956.4707

Patrol volunteers needed. Call 858.966.1335 for information.
Come and enjoy multipurpose trails that will challenge even the most fit. Open 8 a.m. to 7 p.m.

8 El Monte Regional Park

15805 El Monte Road, Lakeside
619.443.1474



Playgrounds, picnic areas, open fields. Group reservations available.

9 Fallbrook Sports Park

2552 Olive Hill Road, Fallbrook
760.451.0012



Call for program information and schedules.

10 Felicita Park

Clarence Lane and Felicita Road, Escondido
760.745.4379



Playgrounds, picnic areas, open fields, nature trails, wedding gazebo and reception tent. Group reservations available.

Park Tours: Schedule a tour for your class or group. Park Rangers lead nature hikes and museum tours specializing in Native American history. Call the park office for details and reservations.

11 Flinn Springs

14787 Old Highway 80, El Cajon
619.561.0180



Playgrounds, picnic areas, open fields, nature trails, pavilions, wedding gazebo. Group reservations available.

12 4S Ranch Sports Park

16118 4S Ranch Parkway, San Diego
858.673.3900



All sports leagues and classes are open to adults over the age of 18. Interested teams are required to fill out registration packets, which include: 1) roster, 2) hold harmless release form, and 3) rules and regulations. For registration information please call the 4S Ranch Recreation Office at the above number.

Monday classes/leagues:

Tai Chi and Kung Fu begin on April 8
Beginner Roller Hockey League begins on June 2
4-on-4 Volleyball League begins on June 2

12 4S Ranch Sports Park (Continued)**Tuesday league:**

Men's Basketball League begins on April 8

Wednesday leagues:

Advance Roller Hockey League begins on June 4
5-on-5 Flag Football League begins on July 16

Thursday leagues:

5-on-5 Dodgeball League begins on May 1
Volley-Tennis League begins on May 1

Youth Roller Hockey League/Clinics:

Youth Roller Hockey Leagues and clinics cost minimal fee. The leagues and clinics are open to youth ages 6 through 17. A signed parent code of conduct and hold harmless release form is required to join. For registration information please call the 4S Ranch Recreation Office at the above number.

Saturday leagues/clinics:

Youth Roller Hockey League begins April 1. Clinics are held on selected Saturdays

13 Goodan Ranch

See Sycamore Canyon/Goodan Ranch.

14 Guajome Regional Park

3000 Guajome Lake Road, Oceanside
760.724.4489



Newly renovated playgrounds, picnic areas, camping, horse trails, lake and pond shore fishing, nature trails, and much more. Wedding area and group tours available by reservation. Call the park office for more information.

15 Hellhole Canyon Preserve

19324 Santee Lane, Valley Center
619.956.4707



Patrol volunteers needed. Call 858.966.1335 for information.

Hellhole Canyon Preserve is a San Diego County Preserve located in Valley Center at the end of Paradise Mountain Road. For a safe, rewarding hike, we ask you to bring drinking water, hat, sunglasses and sunscreen, long-sleeved shirt and pants, sturdy hiking shoes, snack foods, binoculars, and camera. Hikes at Hellhole can be strenuous, and temperatures can get very hot. For more information, you can call (760) 749-5320, or visit www.hellholecanyon.org for Friends of Hellhole Canyon program information.

Fees. Parking is free

16 Heritage Park

2450 Heritage Park Row
Old Town San Diego
619.291.9784



Heritage Park is the home of seven beautiful Victorian buildings.

Temple Beth Israel/Outdoor Lawn Areas. Contact the park staff at 619.291.9784 for reservation information for parties, corporate gatherings, reunions, weddings, quinceañeras, bar and bat mitzvahs, or your own special event. All faiths welcome. Volunteer opportunities call 858.966.1335 for more information.

Sherman-Gilbert House (1st Floor) & Senlis Cottage.
Park office/visitor's center.

Christian & Bushyhead Houses, Heritage Park Inn. Enjoy the romantic setting of this elegant Queen Anne-style bed and breakfast, where many of the rooms are furnished with period antiques. www.heritageparkinn.com or (619) 299-6832

Burton House, Mrs. Burton's Tea Room. Offers Victorian teas, where guests are treated a selection of delectable teas, sandwiches, and pastries amidst dressing up in fancy hats and boas for a group picture on the 1893 porch. Group reservations and children's tea welcome; (619) 294-4600. Variety of gifts and accessories are also available. The Wedding Casa wedding planner is located upstairs.

McConoughy House, Old Town Gift Emporium. Features delightful dolls and gift items, including jewelry and cards. (619) 291-5464.

Park Tours. Learn about these "painted ladies" and their colorful pasts. Guided tours with park staff daily at 11 a.m. and 3 p.m. (approximately 30 minutes; suggested donation: \$2). Self-guided tour information available. Group tours by advanced reservation. Excursiones con guía en español en los fines de semana a 3 p.m.

Victorian Family Days – For more information, call park office at (619) 291-9784.

Saturday, March 22, 11 a.m. – 3 p.m., Hop into Spring. Join park rangers for old-fashioned springtime fun with games and crafts for all ages, from a traditional egg hunt to relays to making a colorful bouquet of paper flowers. Relays and games are free; \$1 donation requested per craft.

Sunday, April 27, 11 a.m. – 3 p.m., Arbor Day Celebration. Did you know Arbor Day celebrations are "rooted" in Victorian America? Bring a blanket and picnic and enjoy a fun, relaxing day outdoors with hands-on activities, a nature hunt, and take home a native tree or plant for your yard. Games are free; \$1 donation requested per craft.

Saturday, May 10, 11 a.m. – 3 p.m., Create Crafts for Mom. Kids of all ages can choose from several crafts and add their own finishing touches to make their gifts unique and special. Then turn them loose on the lower lawn to romp and play. \$1 donation requested per craft. And Dads, while you're here, don't forget to check out both gift shops or to make a reservation for tea at Mrs. Burton's Tea House or maybe even the elegant Heritage Park Inn for Mom.

17 Julian Museum

2811 Washington Street, Julian
760.765.0227

April through November, open Tuesday through Sunday 10 a.m. to 4 p.m., December through March, open Saturday, Sunday, and legal holidays 10 a.m. to 4 p.m. Historical exhibits. Genealogy for pioneering families 1869-1913.

18 Lake Jennings

10108 Bass Road, Lakeside
619.443.2004



Call 619.443.2004 for up-to-date fishing information. Programs at the Park amphitheater.

Saturday, March 1, 3:00 p.m., Making Clay Pinch Pots with Jane-o. Children ages 3 to 13 will enjoy a hands-on experience of making clay pinch pots that demonstrates the skills of early Native Americans. Space is limited to 20 participants. RSVP at the park entrance booth. Program will be held at the pavilion behind campsite #61.

Saturday, March 8, 2:00 p.m., Kid's Egg Decorating Crafts. Kids ages 5 to 13 will giggle as they make their very own five-inch bunnies with tall ears, Easter Chicks, and decorate colored eggs with foam shapes to create adorable Easter animals. Program will be held at the pavilion behind campsite #61.

Sunday, March 16, 1:00 p.m., Lake Jennings Fishing University. Learn to fish Lake Jennings with Hugh Marx, Helix Water District Lake Manager. What's biting and where, along with tips and techniques on catching trout, bass, and catfish will be emphasized. Meet at the Lake Jennings bait and tackle shop.

Saturday, March 22, 11:00 a.m., "Golden Easter Egg Hunt." Youth campers 3 to 12 years of age will hunt the park's youth area for hidden numbered plastic "Golden Eggs" filled with candies. If you are lucky enough to find a "Golden Egg" you'll win a special prize Easter basket by turning it over to a park ranger. Meet at the park's youth camping area on the hill.

Saturday, March 29, 4:00 p.m., Project Wildlife Program. Come join a Project Wildlife educator for a presentation about some of our local wildlife. Learn about their habits, habitat, and what you can do and who to call if you find an injured animal. Meet at the amphitheater.

Saturday, April 5, 10 a.m., Bead Traders: Bangles, Beads, Shells & Feathers. Join Senior Ranger Jane Engleton as she explains how Native Americans used the power of trade to collect all the needed essentials to live in nature. Kids will enjoy trading their collected beads and found objects to create their very own beaded necklace or headband. Program will be held inside the pavilion behind campsite #61.

Saturday, April 12, 10:00 a.m., The Kumeyaay People. Join Richard Rodriguez from the Barona Cultural Center & Museum to learn about the culture of the Kumeyaay Native American people that live throughout San Diego County. He will introduce the early and modern traditions and living practices of the Kumeyaay. Program will be held inside the pavilion behind campsite #61.

Saturday, April 12, 7:30 p.m., Star Party. Mike Dietz will take you on a journey through the night's sky. All-night viewing on the association's telescopes at the park's youth camping area on the hill.

Saturday, April 19, 10:00 a.m. to 5:00 p.m., "East County Celebration of Parks." Come out to Lindo Lake Park and enjoy this Small Town Festival. There will be games and activities, moon bounces, clowns, face painting, pony rides, barnyard children's petting zoo, kid's dog, pet and stuffed animal show, music, food, booths, fishing, prizes, hayrides, a climbing wall and lots and lots of fun.

Saturday, April 26, 4:00 p.m., Project Wildlife Program. See March 29.

Saturday, May 3, 9:00 a.m., Coffee and Pastries with a guest County park ranger. Questions pertaining to Lake Jennings County Park, other county parks, department programs and fishing the lake will be answered as you

18 Lake Jennings *(Continued)*

enjoy a cup of Joe and a pastry or two. Meet inside the pavilion located behind campsite #61.

Sunday May 11, 1:00 p.m., Lake Jennings Fishing University. See March 16.

Saturday, May 17, 10:00 a.m., "Lakeside: A Piece of the Past." Join Dixie, co-president of the Lakeside Historical Society, to experience the rich and diverse history of this beautiful town, Lindo Lake, San Diego County's only natural lake, the "Green Dragon" land speed record, the railroad to Lakeside, the flood of 1916, the 1887 80-room Victorian-style Inn and more. Program will be held at the pavilion behind campsite #61.

Saturday, May 24, 6:00 p.m., Family Bingo Night. Participants will win special prizes as a number of Bingo games are played and players yell out "BINGO". Youth: 16 and under. Adults: 17 and over. Two Bingo cards will be given out per participant. Meet at the pavilion behind campsite #61.

Saturday, May 31, 4:00 p.m., Project Wildlife Program. See March 29.

19 Lake Morena

2550 Lake Morena Drive, Campo
619.579.4101



Camping, fishing, playgrounds, trails, wilderness cabins. Call 619.478.5473 for up-to-date fishing information or check the County Parks web site at www.sdparks.org.

20 Live Oak Park

2746 Reche Road, Fallbrook
760.723.8780

Hikes and Interpretive Programs may be scheduled by calling the Live Oak Park Coalition at the number above. For Park reservations or Coalition parking passes, call the Fallbrook Community Center, 760.728.1671.

21 Los Peñasquitos Ranch House

12020 Black Mountain Road, San Diego
858.484.7504



La Vida del Rancho - Program for 4th grade students. Call for reservations.

Wanted: Living History Docents and Ranch Hands! Docent meetings are held the first Saturday of every month at the Ranch House at 9:30 a.m. Please feel free to come by. Call (858) 484-7504 for more information.

Saturdays, 11 a.m. and Sundays, 1 p.m. - Take a tour of the adobe ranch house and grounds with a park docent's authentic interpretation of the Rancho's early days. Step back into the 1800s as you walk through one of San Diego's finest residences.

Fourth Tuesday of every month, 7:30 p.m. - San Diego County Archaeological Society meeting. Open to the public. Special guest speakers scheduled. Call (858) 538-0935 for information.

Weekly Guided Hikes and Activities - The Friends of Los Peñasquitos Canyon Preserve schedule a variety of hikes into the Preserve. Call (858) 484-3219 for schedule.

21 Los Peñasquitos Ranch House *(Continued)*

Tracker/Naturalist Classes - One weekday evening and a Saturday - Develop your tracking and awareness skills, learn how to move in nature, and develop techniques for recognizing habitat associated with flora and fauna.

Beginning Training: March 20 and 22 or May 14 and 17
Call (760) 715-4102 for registration and information.

National Trails Day, Saturday, June 7, 10 a.m. - 3 p.m. Come out to the Adobe Ranch House and celebrate San Diego County Trails. Bring the family and join in the fun: children's activities, trails fair with vendors and exhibitors, live music by "Trails and Rails." Visit www.sdparks.org or call (858) 484-7504 for more information.

22 Louis Stelzer Park

11470 Wildcat Canyon Road, Lakeside
619.561.0580



Stelzer Park features picnic and playground equipment accessible to the disabled, a reservable youth area, a 200-year old wedding tree and hiking trails. Group reservations available.

See listing under Stelzer Park.

23 Mt. Gower Preserve

17090 Gunn Stage Road, Ramona
619.956.4707

Patrol volunteers needed. Call (858) 966-1335 for information.

Trails are reopened for horse riding and hiking on foot. Witness the recovery of the landscape since the preserve was damaged by the Cedar Fire in 2003 -- the incredible views are still intact! Use caution in some areas where trail washouts still exist. Primitive campsites are available (with a restroom nearby) -- a great place for scouting events and outdoor get-togethers. Make your reservations at www.sdparks.org or call (619) 956-4707 for more information.

24 Oakoasis

12620 Wildcat Canyon Road, Lakeside
619.561.0580

Saturday, April 5, 8 a.m. - Come join naturalist Sanford Walcott on the trails of beautiful Oakoasis to learn about the local plants in our area. Wear comfortable shoes and carry water. This is a very easy trail. Call (619) 561-0580 for information.

Saturday, May 3, 8 a.m. Plant Hike at Oakoasis. See April 5.

Patrol volunteers needed. Call (858) 966-1335 for information. Multi-use trails and wilderness cabins. Youth area and bunkhouse available. Please call for details.

25 Otay Lakes Park

2270 Wueste Rd., Chula Vista
619.482.7361

Patrol volunteers needed. Call (858) 966-1335 for information. Playgrounds, picnic areas, trails.

26 Pine Valley

22810 Old Highway 80, Pine Valley
619.473.8558

Playgrounds, picnic areas, open fields. Group reservations available.

27 Potrero

24800 Potrero Park Drive, Potrero
619.478.5212

Group reservations available.

For park volunteer opportunities please call (858) 966-1335.

Camping, trails, playgrounds, open fields. Group camping available.

28 Quail Botanical Gardens

230 Quail Gardens Drive, Encinitas
760.436.3036

Fees	Adults	\$8
	Seniors, Students and Military	\$5
	Children (3 to 12)	\$3
	First Tuesday of the Month	Free

One of the world's most diverse and important plant collections includes California native plants, exotic tropical specimens, palms, and 30 acres with scenic walks and trails. Nice wedding locations within the gardens. Gift shop, special events, nursery, and library. Quail Botanical Gardens is operated by a nonprofit organization. For information please visit www.qbgardens.com.

29 Rancho Guajome Adobe

2210 North Santa Fe Avenue, Vista
760.724.4082



Volunteer opportunities. Call (858) 966-1335 for information. Featured on HGTV's "Restore America" and in *Sunset* magazine, this 7,000 sq. ft. adobe contains more than 20 rooms and represents one of the finest examples of Anglo-Hispanic domestic architecture. It was built in 1853 on a Mexican land grant of 2,219 acres by Col. Cave Johnson Coutts and his wife, Ysidora Bandini of Old Town San Diego, who ran a huge cattle and sheep ranching operation from this rancho. Once a city unto itself, the adobe included a chapel, school, general store, and beautiful gardens and courtyard. Restored in 1996, it is a must-see.

Saturdays and Sundays, 11 a.m., 12:30 and 2 p.m., Guided Tours. Take a docent led tour of the adobe and grounds. Rain cancels. School tours are available on Tuesdays and Thursdays by advance reservation, \$1 per child. Adult tour groups of 15 or more may make an advance reservation for private tours weekdays, \$5/adult.

Saturdays, 11 a.m., Tours in Spanish. Park staff offers guided tours of the adobe in Spanish (tour fees listed above apply).

30 San Dieguito Park

1628 Lomas Santa Fe Dr., Del Mar
858.755.2386



Playgrounds, picnic areas, open fields, nature trails, wedding gazebo and pavilions. Group reservations available.

31 San Elijo Lagoon Ecological Reserve

2710 Manchester Avenue, Encinitas
760.634.3026

Second Saturday each month, 9 a.m., Lagoon Hikes with Docents. Meet at the north end of Rios Avenue in Solana Beach. For information and scheduling of docent-led nature programs for school and youth groups, call the San Elijo Conservancy at (760) 436-3944.

Third Saturday of each month, Clean-Ups at the Lagoon. Contact the San Elijo Conservancy at (760) 436-3944.

32 Santa Ysabel Preserve

Farmer Road staging, one mile north of Volcan Mountain Preserve sign, Julian.-Highway 79 staging, one mile north of Santa Ysabel on Highway 79, just south of the Santa Ysabel Mission.
760.765.4098

Saturday, April 26, 9 a.m. and Sunday, May 4, 9 a.m., Hikes start at the Farmer Rd. staging area. Please call ahead and reserve your spot at (760) 765-4098.

Patrol volunteers needed. Call (858) 966-1335 for information. This preserve is seasonal, and bad weather can close the park. Please call the ranger office to check on closures.

33 Spring Valley Gymnasium

838 Kempton Street, Spring Valley
619.667.6833

This new 15,860-square-foot facility boasts a state of the art basketball/volleyball facility capable of hosting large tournaments to free open play for youth (adult open play costs \$1). Community programs are also available ranging from cheerleading to sports leagues. Youth and adult basketball and volleyball leagues are ongoing. Please call for the schedule at (619) 667-6833.

34 Stelzer Park

11470 Wildcat Canyon Road, Lakeside
619.561.0580

Saturday, March 15, 10 a.m. – 11 a.m. Bring the kids for our annual Hippy Hoppity Easter EggStravaganza! There will be thousands of candy-filled eggs to search for. The park will be split into age-appropriate areas. Come meet the Easter Bunny. Limited to kids under 13 years of age. Free, but there is a \$3 parking fee per vehicle. Reservations required and can be made by calling (619) 561-0580.

May 16 – 17, 2008 4 p.m. Friday through 11 a.m. Saturday -- Stelzer Park will host a "Family Campout" where you bring your tent and set up anywhere in the park. There will be a campfire program Friday evening with songs and s'mores, and a hearty breakfast will be served in the morning. There is a fee of \$6 per adult, children under 12 are free. Bring something for your dinner on Friday. This is a good opportunity for those families who have never camped before but would like to give it a try close to home. Reservations are required and can be made at (619) 561-0580.

35 Sweetwater Lane Sports Complex

1312 Sweetwater Lane, Spring Valley
619.479.1832



Football, flag football, soccer, youth baseball, adult and youth softball, track and field club.

36 Sweetwater Regional Park Summit Site

3218 Summit Meadow Road, Bonita
619.472.7572

Equestrian camping, day use area, pavilion, miles of multi-use trails. Patrol Volunteers needed. Call (858) 966-1335 for information.

Red Hill Ranger Walk, Saturdays at 10 a.m. Grasslands / Coastal Sage / Chaparral / Vernal Pools / Fire Ecology.

Friday mornings at 9 a.m., Meet the Park Ranger. Program will be an hour-long talk at pavilion. Topics will be Ecology/ Duties of a Ranger/ Habitats/ Park Rules and Regulations/ Birds/ History/Trails. Bring your coffee and your questions for the ranger.

37 Sycamore Canyon/Goodan Ranch Preserve

Staging area is at the end of Sycamore Canyon Road in Poway
858.513.4737

Patrol Volunteers needed. Call 858.966.1335 for information.

Saturday, March 8, 10 a.m., Introduce yourself to the Preserve. Join Friends Karen Larsen Gordon and introduce yourself to Sycamore Canyon/Goodan Ranch Preserve on a 3+ mile hike through an oak lined canyon to the ranch compound. There you can tour the newly opened visitor center and rest a spell before walking back to the staging area. Please bring water and wear sturdy shoes. Meet at the Sycamore Canyon Road staging area.

Saturday, May 10, 10 am. to 8 p.m., Goodan Ranch/Sycamore Canyon Park Festival. Come to the preserve to experience all the great activities we offer in one day in one great park. Among the possibilities will be an equestrian event, a mountain bike event, a wildflower hike, search and rescue demonstrations, exhibits, a geocaching demonstration, and an Owl Prowl hike to conclude the day. A highlight will be our new "green" Visitors Center. Partners for this event include the Cities of Poway and Santee, the California Parks and Recreation Society, and the San Pasqual Academy.

38 Tijuana River Valley

2721 Monument Road, San Diego
619.428.2946



In addition to horseback riding and wildlife viewing, picnic tables and shade are also available. Or bring a ball and enjoy a walk around the new Sports Fields complex. There is a lot to do in the Tijuana River Valley Regional Park, where having fun is natural! Exit Dairy Mart Road south, from Interstate 5, to the Ranger Station at 2721 Monument Road. Free brochures available.

Patrol Volunteers needed. For information call (858) 966-1335

39 Vallecito

39555 Great Overland Stage Route S-2
760.765.1188

Park open September 1 through May 31. Desert camping and nearby trails. Youth and caravan areas available.

40 Volcan Mountain

1209 Farmer Road, Julian
760.765.4098

Note: The summit on Volcan is open on Saturdays, Sundays and Holidays, 9 a.m. - 5 p.m.

Patrol Volunteers needed. Call 858.966.1335 for information.

Docent led hikes are scheduled. Hikes are moderate in difficulty and are 5 miles round trip. Meet at the trailhead, wear sturdy shoes, and bring water. There are no facilities. Call 760.765.4098 to reserve a spot on the hikes. The scheduled hikes this spring are:

Saturday, April 5, 9 a.m.

Saturday, May 24, 9 a.m.

41 Whaley House

2482 San Diego Avenue, San Diego
619.297.7511

Monday and Tuesday 10 a.m. - 5 p.m., Thursday through Sunday 10 a.m. - 10 p.m. House is closed on Wednesdays. Be sure to visit the Whaley House Gift and Book Shoppe.

Volunteer opportunities. Call number above.

42 Wilderness Gardens Preserve

14209 Highway 76, Pala
760.742.1631



Open 8 a.m. to 4 p.m., Thursday through Monday. Closed Tuesday and Wednesday.

Wilderness Gardens Preserve is located off Hwy. 76 in Pala, just 10 miles east of I-15. Hikers are urged to bring drinking water, sturdy shoes, and a snack. All hikes will start in the staging area circle. For questions or information about Wilderness Gardens Preserve, please call (760) 742-1631.

Saturday, April 25, 1:00 p.m. to 2:00 p.m. - History Hike

Please join the Park Ranger for an interesting hike into the past.

Saturday, May 9, 1:00 p.m. to 2:00 p.m. - Nature Hike

Please join the Park Ranger for an informative hike into Wilderness Gardens Preserve. Hikers will enjoy a variety of wildflowers and plants along the trail to the preserve's historic Sickler Mill site.

Saturday, May 23, 1:00 p.m. to 2:00 p.m. - Nature Hike. See May 9

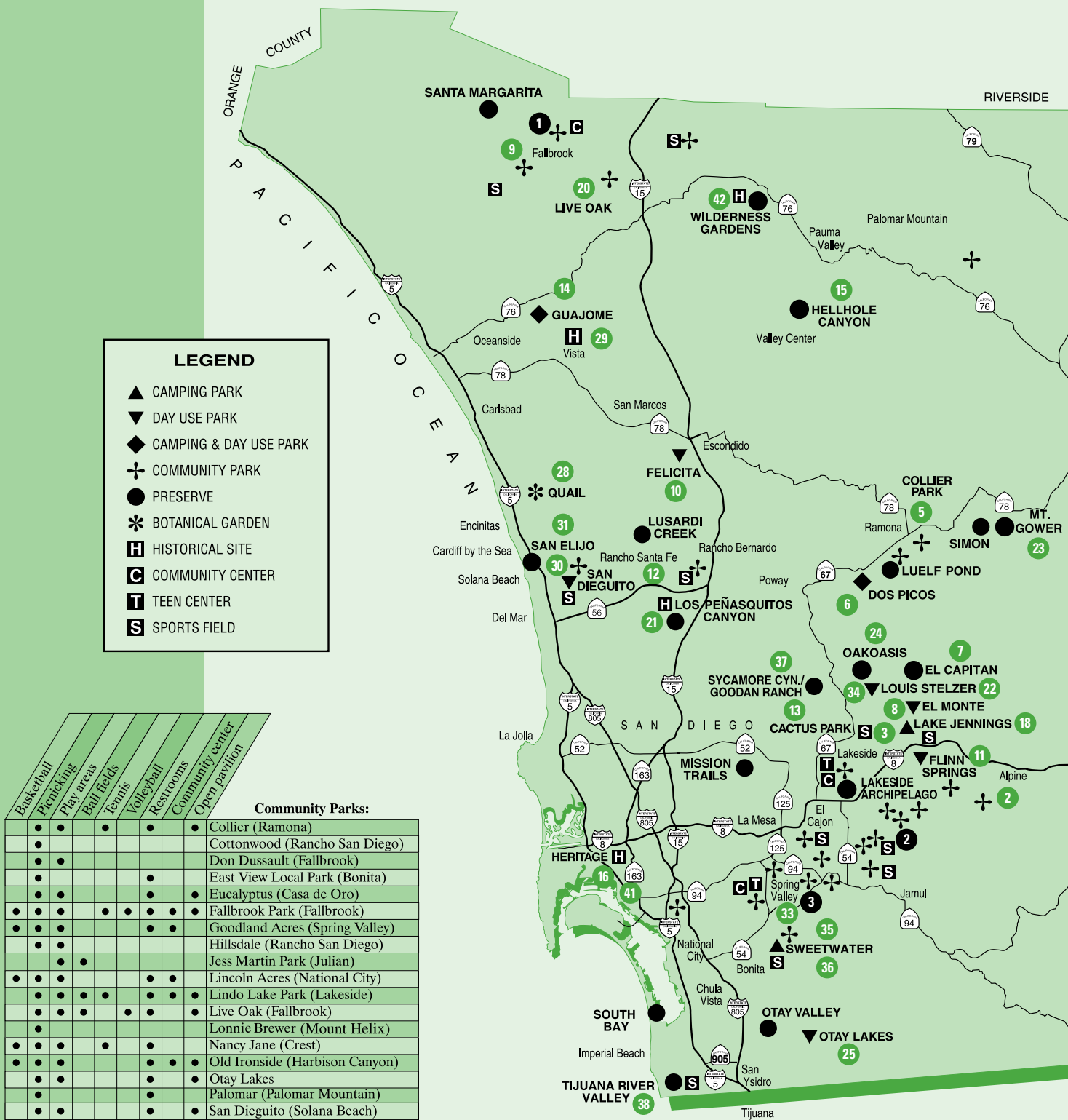
Fees: Parking is \$3.00 per vehicle.

43 William Heise Park

4945 Heise Park Road, Julian
760.765.0650



Camping, wilderness cabins, multi-use trails and group reservations available. Wedding ceremony area available to reserve under the large black oak wedding tree in the meadow.



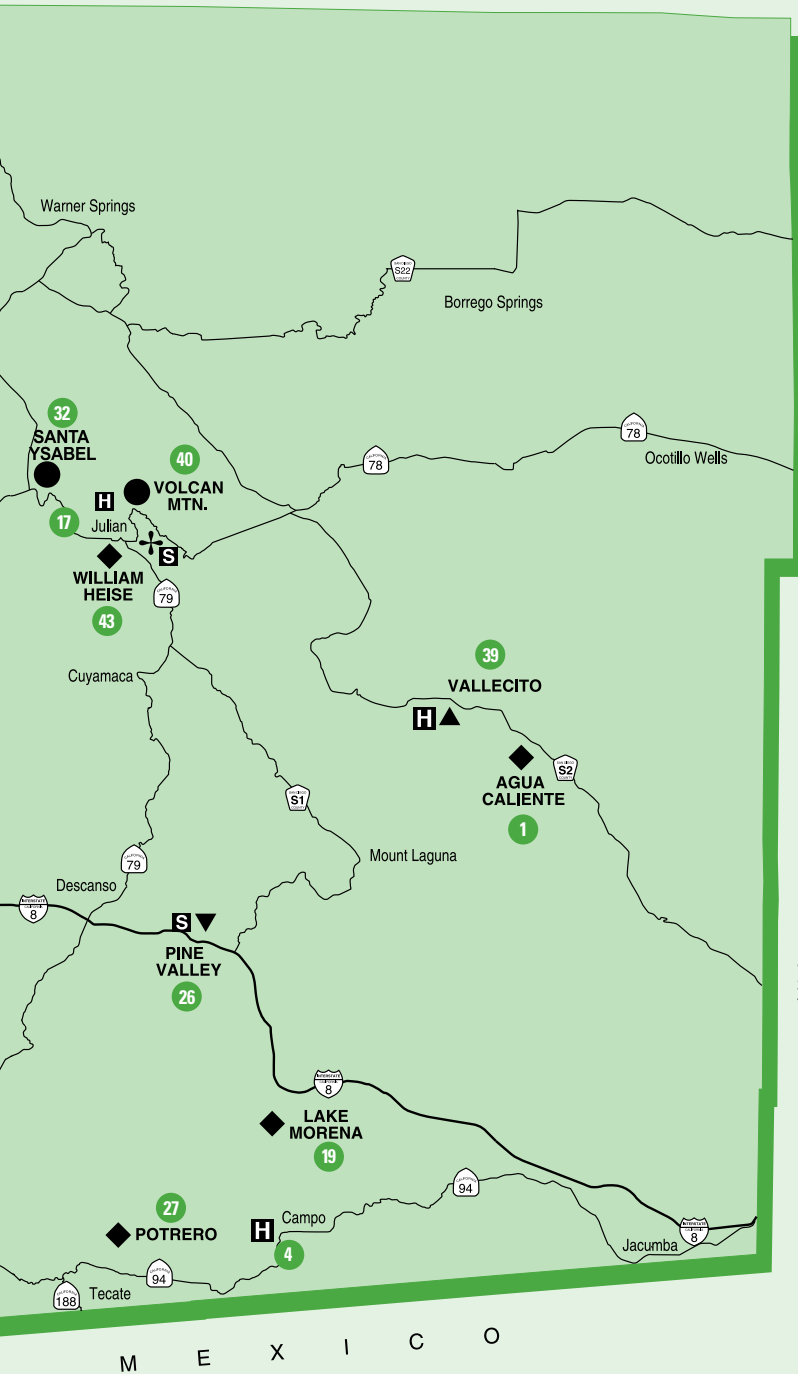
LEGEND

- ▲ CAMPING PARK
- ▼ DAY USE PARK
- ◆ CAMPING & DAY USE PARK
- + COMMUNITY PARK
- PRESERVE
- * BOTANICAL GARDEN
- H HISTORICAL SITE
- C COMMUNITY CENTER
- T TEEN CENTER
- S SPORTS FIELD

Community Parks:

Basketball	Picnicking	Play areas	Ball fields	Tennis	Volleyball	Restrooms	Community center	Open pavilion	
●	●								● Collier (Ramona)
●	●								● Cottonwood (Rancho San Diego)
●	●								● Don Dussault (Fallbrook)
●	●								● East View Local Park (Bonita)
●	●								● Eucalyptus (Casa de Oro)
●	●								● Fallbrook Park (Fallbrook)
●	●								● Goodland Acres (Spring Valley)
●	●								● Hillsdale (Rancho San Diego)
●	●								● Jess Martin Park (Julian)
●	●								● Lincoln Acres (National City)
●	●								● Lindo Lake Park (Lakeside)
●	●								● Live Oak (Fallbrook)
●	●								● Lonnie Brewer (Mount Helix)
●	●								● Nancy Jane (Crest)
●	●								● Old Ironside (Harbison Canyon)
●	●								● Otay Lakes
●	●								● Palomar (Palomar Mountain)
●	●								● San Dieguito (Solana Beach)
●	●								● South Lane (Crest)
●	●								● Spring Valley Park (Spring Valley)
●	●								● Steele Canyon (Rancho San Diego)
●	●								● Sweetwater Lane (Spring Valley)
●	●								● Woodhaven (Rancho San Diego)

COUNTY



												Regional:																	
Picnicking		Reservable group areas		Camping		Reservable group camping		Caravan area		Tot lot / play area		Trails		Ball fields		Horseshoes / volleyball 1		Fishing		Restrooms		Showers		Enclosed pavilion		Shade pavilion		Cabins	
•	•	•	•	•	•	•	•		•	•	•	•	•	•	•	•	•	•	•	•	•								Agua Caliente
•	•	•	•	•					•	•				•	•	•	•	•	•			•							Dos Picos
•	•							•	•	•	•	•				•							•						El Monte
•	•							•	•	•	•	•				•							•						Felicita
•	•							•	•	•	•	•				•							•						Flinn Springs
•		•	•					•	•						•	•					•								Guajome
		•	•	•				•	•						•	•	•	•	•	•									Lake Jennings 2
•		•	•	•	•			•							•	•	•	•	•	•				•					Lake Morena 2
								•																					Otay Valley
•	•							•	•	•	•				•							•							Pine Valley
•	•	•	•	•				•	•	•	•				•	•	•	•	•			•							Potrero
•	•							•	•	•	•				•							•							San Dieguito
•		•	•	•				•							•	•	•	•	•			•							Sweetwater
•	•	•	•	•	•			•	•	•					•							•							Vallecito (H)
•		•	•					•	•		•				•	•	•						•						William Heise

										Preserves:						
						●				●						El Capitan
						●				●						Goodan Ranch
			●			●				●						Hellhole Canyon
						●										Lakeside
						●				●						Los Peñasquitos (H)
●	●		●		●	●				●						Louis Stelzer
						●										Lusardi Creek
						●				●						Mission Trails ★
			●			●				●						Mt. Gower
			●			●				●						Oak oasis
						●				●						San Elijo
						●										Simon
																South Bay
						●										Sycamore
						●	●									Tijuana River Valley
						●										Volcan
●						●				●						Wilderness

										Botanical Gardens:				
									●				Quail ★★★	

									Historic:				
									●				Campo Store
	W								●				Heritage (H)
									●				Julian Museum
	W								●				Los Peñasquitos
	W								●				Rancho Guajome
													Whaley House★★★★★

		Baseball		Softball		Soccer		Football		Track		BMX		Restrooms		Sports Parks:		
●	●									●	●	Cactus (Lakeside)						
●	●											●	Fallbrook					
●	●	●		●								●	4S Ranch					
●	●	●										●	Jess Martin (Julian)					
●	●	●	●	●	●							●	Sweetwater Lane (Spring Valley)					
●	●												Tijuana River Valley					

★ For information call (619) 668-3278
 ★★★ For information call (619) 436-3036
 ★★★★★ For information call (619) 297-7511

1 Bring your own equipment
2 Additional fees are charged for fishing
H Historic Site
W Weddings only

1 Fallbrook Community Center

341 Heald Lane, Fallbrook
760.728.1671



Special Events

San Diego Blood Bank - March 6

Giving blood is one of the most effective ways to help your community because it saves lives. Donating blood is a very safe and simple process. Donors are accepted from 12:30 – 5:30 p.m. For an appointment call (800) 479-3902 ext. 8251

Pancake Breakfast and Spring Egg Hunt - March 22

Bring the whole family and join the Bunny for a tasty pancake breakfast and egg hunting fun! Fallbrook Firefighter's Association will serve up a delicious pancake breakfast as the Bunny hops around and meets all the kids. After breakfast Egg Hunts are arranged by age group followed by fun, games, and contests.

Breakfast: 7:30 – 10:00 a.m. \$4 adults / \$2 kids under 12

Egg Hunts and Games: 10:30 a.m.

American Crown Circus - April 2 and 3

The circus is coming to Fallbrook Community Center! Enjoy clowns, jugglers, acrobats and plenty of fun and excitement. The High Wire and Trapeze, The Wheel of Death, and Perch Pole Acrobatics are the featured acts. Performances are at 5 and 7 p.m. on each day. Free children's tickets are available in advance at the community center.

Adult tickets are \$12.

Up to two free children may accompany a paying adult. Proceeds benefit "Friends of Fallbrook Community Center".

Health Fair - April 5

Get healthy and take part in this fun, informative and educational Health Fair on Saturday, April 5, 9 a.m. to 1 p.m. at Fallbrook Community Center. There will be activities and information on healthy living for folks of all ages; plus entertainment, music, fun and prizes! There will be health screenings in Glucose, Bone Density, Cholesterol plus many more! This free event is sponsored by Fallbrook Health Care District and San Diego County Parks and Recreation.

Fallbrook Garden Club Inc.

Annual Flower Show - April 26 and 27

The Fallbrook Garden Club presents their 77th Annual Flower Show "Nature's Palette," held at Fallbrook Community Center as a gift to the community. Admission is free. A large plant sale is also held at the event. Entries are invited both in Horticulture and Design. The Design section does require advance reservations. For information call Judy Farnan 451-0792 or Pauline Sechi 728-6622.

Dates and Times:

Saturday, April 26, 2:00 – 6:00 p.m.

Sunday, April 27, 10:00 a.m. – 4:00 p.m.

1 Fallbrook Community Center (Continued)

Battle of the Bands - May 3

It doesn't matter if you've played at parties, talent shows, paid gigs or your garage; this event is open to all teen bands in the area. If selected, your band will play at the Community Center on Saturday, May 3 between 12 noon and 8 p.m. Two stages will be set up for your band to make a twenty minute debut and battle it out for the \$200 first place award, \$100 second place award and other prizes. Bands must submit an application and demo CD to the Community Center by April 18. Bands selected to "The Battle" will be notified by April 25.

New Special Event -- Family Fun Night - May 17

Families with children of all ages are invited to enjoy a night that will highlight the many exciting adventures planned throughout the park system for the summer. The event, whose theme is Hawaiian Luau, will feature games and activities that range from rock climbing to gymnastics to science-oriented education. Topping off the evening will be an outdoor Movie in the Park: "Surf's Up" and two short films made by students of the Fallbrook Film Factory. Family Fun Night begins at 5 p.m. For more information please contact the Community Center office at (760) 728-1671.

Other Youth Activities:

Preschool, Before School and After School Programs, Day Camps, Tumbling, Gymnastics, Dance, Math and Science Workshops, Skateboard Design and Construction, Horsemanship, Golf, Guitar, Karate, and Driver Education.

Other Adult Activities:

Computers, Watercolors, Bridge, Golf, Power Memory Techniques, Spanish, Dog Obedience, Exercise, Cooking Classes, Yoga, Pilates, and Senior Softball.

For dates, times and details on these activities and more call the center or go to the web site www.sdparks.org

2 Lakeside Community Center

9841 Vine Street, Lakeside
619.443.9176



By the shores of Lindo Lake, the center offers programs and services to all residents of Lakeside. Rent rooms with kitchen facilities for private parties and weddings.

Senior nutrition program, adult education classes, preschool, child enrichment classes, gymnastics, cheerleading, martial arts programs, yoga, and specialty camps. Call for additional information.

Wonder and Discovery www.wonderanddiscovery.com

Preschool Classes Learning Center for 3, 4 and 5 year olds. August through December, 2, 3 or 5 days per week. Morning and afternoon

2 Lakeside Community Center *(Continued)*

classes available. For information and registration, call Harriet Whitmore at (619) 443-4834. Enrollment based on openings.

Summer camp for all youth. Theater, general sports, gymnastics, dance, arts and crafts. Call for details.

Saturday, April 19, 10 a.m. – 6 p.m., East County Celebration of Parks. This “country fair” event will include an old-fashioned barbeque, a country dance, and highlights from our recreation programs, including kid’s environmental education, teen activities, history in County parks, fishing, and more.

3 Spring Valley Community Center

8735 Jamacha Boulevard, Spring Valley
619.479.1832



Preschool program, teen center, catered adult lunch, senior classes and programs, adult and youth sports, and intergenerational Math and Reading Clubs.

Youth can participate in a full gymnastics program and dance classes, including ballet, hip-hop jazz, tap, Ballet Folklorico, hatha yoga, piano/keyboard, winter camp. Check the Athletic Department for sports. Junior sports, tumbling, aerobics, martial arts, and belly dancing. Take the investment class and improve your financial situation, how about improving your communication with people skills, CPR/First Aid is offered quarterly. The Adult Athletic Department hosts beginning, intermediate, and advanced softball for men’s, women’s and coed leagues.

The center is available to rent for special events, including quinceañeras, weddings, and anniversary parties. Smaller rooms are ideal for meetings. Call for a fee schedule or visit www.sdparks.org

Spring Camp

Date: Monday – Friday
Ages: 5 - 12
Week I/Time 3/17/08 - 3/21/08 6:30 a.m. – 6:00 p.m.
Week II/Time 3/24/08 - 3/28/08 6:30 a.m. – 6:00 p.m.
Fee: Resident per week, per child \$60
Non-resident per week,
per child \$65 / Daily rate \$25

Breakfast with the Bunny

Date: Saturday, March 22, 2008
Time: 7:30 – 9:30 a.m.
Location: Spring Valley Community Center,
8735 Jamacha Blvd.
Fee: \$4 Children under 12, \$5 Adults

FREE! Spring Egg Hunt

When: Saturday, March 22, 2008
Ages: 2 - 10
Time: 9:00 a.m. Sharp!
Location: Spring Valley Park, 8735 Jamacha Blvd.
Sponsored: Spring Valley Booster Club

3 Spring Valley Community Center *(Continued)***FREE! Youth Sports Day**

Saturday, May 3, 2008
10:00 a.m. – 2:00 p.m.

Come to the Community Center and learn about the many opportunities available in our parks for keeping active. Among the highlights of the event will be live entertainment, sports and fitness challenges, program registrations, and a Junior Olympic Skills competition.

Location: Spring Valley Community Center
8735 Jamacha Boulevard
Spring Valley, CA 91977
(619) 479-1832

Rental Rates for your Special Event**Fallbrook** 760.728.1671

Room	Cap./Sq.Ft	Reg. Hr/Day	Non-Profit Hr/Day
Auditorium	300/3900 sq. ft.	\$475/4 hrs. \$100 add'l hr.	\$330/4 hrs. \$75 add'l hr.
Kitchen- rented only with auditorium or North Room		\$100 flat rate	\$100 flat rate
Eucalyptus	40/450 sq. ft.	\$100/4 hrs min.	\$100/4 hrs min.
North Room	100 /990 sq. ft.	\$200/4 hrs. \$40 add'l hr.	\$150/4 hrs. \$30 add'l hr.

Equipment Available: PA System & CD Player - Auditorium Only • Microphone and Stand - Auditorium Only
• Podium TV & VCR • 240 Folding Chairs • 30 Tables 6' • 15 Tables 8' • 15 Round Tables • 4 Stage Risers 4'x 8'

Lakeside 619.443.9176

Room	Cap./Sq.Ft	Regular Hr/Day	Non-Profit Hr/Day
Main Hall (Meyer)	714 / 4650 sq. ft.	\$125 hr.	\$100 hr.
Kitchen	-	\$200 day	\$100 day
Stage	40 / 450 sq. ft.	\$50 day	\$30 day
Moreno	100 / 990 sq. ft.	\$75 hr.	\$60 hr.
Lakeshore	30 / 1050 sq. ft.	\$20 hr.	\$10 hr.

Equipment Available: Round Tables • Folding Chairs • Tables 6' • Tables 8' • TV/VCR • Projector - Main Hall only • P.A. System - Main Hall & Moreno only • Microphones

Spring Valley 619.479.1832

Room	Cap./Sq.Ft	Regular Hr/Day	Non-Profit Hr/Day
Ketell	250 / 3952 sq. ft.	\$60 / \$400	\$60 / \$450
Olsen	78 / 1294 sq. ft.	\$40 / \$200	\$40 / \$250
Senior Lounge	32 / 754 sq. ft.	\$30 / \$100	\$30 / \$150
Patio Lounge	160 / - sq. ft.	\$25 hr.	\$25 hr.

Equipment Available: 13 Round Tables • 56 Long Tables 8' • 264 Folding Chairs • Curtains • Podium • Ice

*** Make your reservations now! Rental fees will be adjusted on January 1st, 2008. Any reservations made before January 1, 2008 will be at the current rate. To view the new fees please visit our website www.sdparks.org and click on 2008 Community Center Fees. +

The REC Club

The REC- Lakeside Critical Hours Program

9911 Vine Street
Lakeside, CA. 92040
619.443.4169

All programs and events are FREE. The REC Club is open to middle and high school youth ages 10 through 17. A signed membership application with a parent/guardian signature is required to join. For membership call the teen center at the above number.

Hours: Monday through Friday, 2 to 6 p.m.

Daily Programs: Homework Assistance, Tutoring, and Computer.

Monday classes: Arts and Crafts and Dance Crew.

Tuesday classes: Fitness and Flag Football.

Wednesday classes: Arts and Crafts, Dance Class, and REC Super Crew.

Thursday classes: Fitness and Cooking Class.

Friday classes: Dodgeball and Movie Day.

Field Trips

Field trips are available to active REC Club members. Reservations are required and space is limited. For field trip information, call Ryan Flickinger at the above number.

Overnight Mountain High Snowboarding Trip, March 7 through March 9 – Spend the night in a mountain cabin and enjoy a full day of beginning and intermediate level snowboarding at Mountain High. Snowboard, boots, bindings, and lessons are all provided.

Beginning Level Joshua Tree Rock Climbing Trip, March 19 and March 20 – Take part in one of our favorite outdoor adventure trips in Joshua Tree National Park. On Wednesday we will be taking day hikes and exploring the terrain of this amazing park. Thursday will consist of beginning level rock climbing at one of the world's most famous rock climbing sites. Tents, sleeping bags, sleeping pads, and food will be provided.

The REC – Spring Valley

8735 Jamacha Boulevard
Spring Valley, CA. 91977
619.479.0312

All programs and events are FREE. The REC Club is open to middle and high school youth ages 10 through 17. A signed membership application with a parent/guardian signature is required to join. For membership information please call Kristin Rounds at the number above.

Hours: Monday through Friday, 2:30 to 6:30 p.m.

Daily Programs: Arts and Crafts, Homework Assistance, Tutoring, and Computer Lab.

Monday classes: Fun Fitness.

Tuesday classes: Cooking Class and Flag Football.

Wednesday classes: DJ Class and Fun Fitness.

Thursday classes: Flag Football and Girl Talk Program.

Friday classes: Hip Hop Dance Class and Guy Talk Program.

Field Trips

Field trips are available to active REC Club members. Reservations are required and space is limited. For field trip information, call the teen center at the above number.

Overnight Mountain High Snowboarding trip March 1 through March 3 – Spend the night in a mountain cabin and enjoy a full day of beginning and intermediate level snowboarding at Mountain High. Snowboard, boots, bindings, and lessons are all provided.

Beginning Level Joshua Tree Rock Climbing Trip, March 19 and March 20 – Take part in one of our favorite outdoor adventure trips in Joshua Tree National Park. On Wednesday we will be taking day hikes and exploring the terrain of this amazing park. Thursday will consist of beginning level rock climbing at one of the world's most famous climbing sites. Tents, sleeping bags, sleeping pads, and food will be provided.

Moving forward in 2008

Continued from page 1

- The Sycamore Canyon / Goodan Ranch County Park Festival on May 10, at which visitors will experience outdoor activities ranging from equestrian events to wildflower hikes to a geocaching demonstration
- Fallbrook Family Fun Night on May 17 will have a Hawaiian Luau flavor and lots of fun and games for the family, culminating in a Movie in the Park.

We will have more information about these events on our website, so mark your calendars!

Take some time in 2008 to visit a park and see all our improvements. These improvements and expansions are for you, so don't let another year slip by without taking advantage of all we have to offer. I look forward to seeing you outside!

The County Parks and Recreation Activity and Program Guide is

published... three times a year. Copies may be downloaded on www.sdparks.org. Are you interested in receiving up to date information about the County of San Diego Department of Parks and Recreation, parks programs, or camping specials? To place yourself on our e-mail distribution list, please send a request and valid e-mail address to askparks.lue@sdcounty.ca.gov. Your personal information will not be shared or distributed to other organizations. Thank you for your interest in County parks and recreation programs.

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9150 Chesapeake Dr., Suite 200
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